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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



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WEDNESDAY, AUGUST 29, 2012

CONESTOGA COLLEGE, WINDSOR, ONT.

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1,800,000 100% 100%

Students win 18 medals

1,800 competitors at event

Conestoga College students showed off their knowledge and applied skills taking home 18 medals at the 2011 Ontario Technological Skills Competition, held at the York University.

The event, which is the largest skilled trades competition in Canada, featured 1,800 Ontario student competitors from elementary schools, secondary schools and post-secondary institutions.

The competitors also had more than 60 contests, over 50,000 spectators and more than 60 skilled trade careers.

With help from Skills Canada - Ontario, which organizes events to encourage more Ontario youth to explore the many career opportunities that are available in the skilled trades and technologies.

Conestoga's medal tally consisted of four gold, nine silver and five bronze.

A number of students also received special monetary prizes.

The winners were:

- Gold: Precision machining - Andrew Elie
- Welding - Felix Poyan
- Restoration - David Roberts
- Restoration services -

Marshall McPherson, Silver

Architectural technology & design - Ryan Kilgus

Auto service technology - Anthony Schmitt

Construction - Chris Smith

Corporate - (individual) - Ben Short

Electronics - John Ferguson

Heavy equipment - Jeff Fuller

IT - office software apps - Sarah De Boer

Restaurant services - Jordan Brown

Website development - Alex Kozak

Reception

Architectural technology & design - Alex Marie Hocher

Construction - David Van Buren

Manufacturing (team of two) - Ian MacMillan and Benne Cochran

Plumbing - Boris Brudersvik

Welding - Ian Smith

Gold medal winners advance to the Canadian Skills Competition.

Another college competitor will be held from February to March 2013. For further information contact Ian Smith at lsmith@conestoga.on.ca.

For more information on the Ontario Skills Competition go to www.skillsontario.com.

FITTING FITNESS INTO HER DAILY CYCLE



PHOTO BY CHLOEY BOLT

Second-year third student Ash Bennett takes time out of her busy schedule to put some kilometres on the stationary bike at the Conestoga College Doon campus athletic centre. She makes it eight times a day, 7 a.m. to 12 p.m., and weekends from 7 a.m. to 10 p.m.

PRESIDENT'S MESSAGE

Embrace all that Conestoga has to offer

Welcome to the 2011-12 academic year. Every September here at Conestoga is exciting and full of promise, as we welcome new and returning students to all of our campuses. This year is particularly special, as we celebrate the spirit of change and learning and personal development. As Conestoga and at Doon, we have been designed to reflect the challenges and best practices of the industries where you will begin the next phase of your career when you complete your studies.



John Tabbara

As a college, we continue to expand and develop to serve the students, families and businesses in our local, national and beyond as we take our place among Canada's leaders in the delivery of post-secondary education.

Whether you're returning to Conestoga to resume your studies, or joining us here for

the first time, there are many things you can do to help ensure that your 2011-12 year is a success.

Commit to personal achievement - The knowledge and skills you will need to prepare for the world beyond Conestoga are yours for the taking. Our faculty members have considerable experience in their fields, and are ready and eager to assist you in reaching your goals. As well as faculty, our staff and administrators are here to provide help and support on your educational journey.

Consume opportunities - As well as the formal learning experiences you will have here, there are many other opportunities for you at Conestoga: variety and international experience, activities and sports, sponsored by Conestoga Students Inc., on-campus clubs and groups, and even professional association opportunities linked to your program of study.

Your involvement with the community will enrich your education and help you grow both personally and professionally.

On behalf of the college, I am delighted to welcome you to the 2011-12 academic year. Work hard to achieve your goals, value your time here and enjoy the many practical benefits a college education offers.

Success awaits you. Best wishes for a great year!

John Tabbara
President, Conestoga College

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What advice would you give
to a first-year student?



"Go hard or go home."

Andrew Bechtel,
first-year
architecture, construction
and engineering technology

"Watch what you eat,
because freshman 15 will
bite you in the butt."

Scott Mikity,
second-year
law and security administration



"Don't be late all the time,
like me."

Dean Greene,
second-year
international sciences

"Don't drink too much."

Dean Greene,
second-year
international sciences



"Don't buy a textbook until
a couple of weeks into
the semester."

Matt Belsky,
second-year
international sciences

"Don't procrastinate."

Nathalie Hana,
third-year
education, construction and
engineering technology



New student rep up on the issues

By KATHLEEN O'NEIL

Sarah de Boer is confident and looks like the girl next door, but don't let that fool you. She has determination, wit, strong opinions and can get her point across.

De Boer is the newly elected student representative on the Conestoga College board of governors.

"She's a wonderful job," said Kathryn Hopper, her friend and unofficial campaign manager. "She's going to represent the students in a very good way. She's very supportive and knows the system that got them to the student body and wants to help solve them in the best of her ability." Hopper is in the same second-year business administration management program.

Despite her youthful appearance, de Boer already has experience working with



Sarah de Boer

supervisors for the Vancouver Film School," and de Boer "I was in some boards there so I've seen how they work."

De Boer emphasized this experience during her recent campaign when she got out and talked to students.

"I went to classes and said, 'this is who I am, I hope you'll vote for me, and I tried to reach everyone by having some serious posters around the school and having a few fun ones — one hanging upside down and whatnot.'"

De Boer said there were many reasons why she chose

to run for the position.

"I wanted to learn more about the school," she said, "and maybe become more involved. It seemed like a really great way to do it. I was encouraged by my program coordinator to run."

De Boer said she wants to represent the student body in a professional way, and believe she is the one who can do it.

She already has plans for her tenure on the board.

"I'd like to see more changes to the online courses over the summer," she said, "so that students can take courses towards their diplomas or degrees or whatever to reduce their course load in the fall while reducing their tuition. Another issue that I hear a lot of students talk about is our on-campus job. There's also been the issue of it being more regular and extended."

Lost-School know



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- ✦ Build new friendships

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the Learning Commons (E4103)

Why do you have to take a gen ed?

These courses help students develop a broader consciousness

One of the major duties of a general education program is to provide students with the opportunity to develop a broader consciousness. This is done through a variety of courses that are designed to help students develop a broader consciousness. These courses are designed to help students develop a broader consciousness.

The purpose of general education classes within the Ontario college system is to contribute to the development of citizens who have a broad and comprehensive view of the world. These classes are designed to help students develop a broader consciousness.

through this consciousness, and who are able to contribute thoughtfully, creatively and productively to the society in which they live and work.

General education courses also strengthen students' personal skills, such as critical analysis, problem solving, and communication. In the context of an exploration of topics with broad-based personal or societal importance.

The Ontario government's Ministry of Training, Colleges and Universities has established the following themes to be used as guidelines for the development and identification of courses that are

designed to fulfill the general education requirement within their programs of studies:

- **Arts in society** – develop an awareness of the role of the arts in the community.
- **Career life** – combine using the language of business, science and technology in public life plus the changing nature of work and the economy.
- **Racial and cultural understanding** – enhanced understanding of racial diversity, change and racism as well as racism in terms with life in a multicultural society and operating within a global business community.
- **Personal understanding** –

improving personal awareness, critical and creative thinking and learning how to problem solve.

• **Science and technology** – understanding the relationship between science, technology and society and appreciating the contributions of science and technology to the development of civilization.

Education exists not only for the benefit of the individual, but also for the common good. Over learning on just one specific area of study, students learn about the social and cultural context.

Understanding how to do something also requires understanding why it is being done, what are the social and

experiences of doing it and whether it should be done at all.

It is the role of the general education classes to provide this broader context.

Students who have no question are students who are not learning. The arts, sciences and humanities provide them to think about what they have to say. These classes allow people out of their comfort zone by providing them with multicultural, and social, moral and spiritual challenges.

General education classes make them think about things that are often beyond their immediate forward fields of study.

Five ways to good grades

By LISA OLIVER

It doesn't matter if you're a new student who hasn't completed a textbook in years or a returning student wishing that the summer break was just a little bit longer. Here are five ways to help you get off to a good start.

The key is to be proactive, not reactive. Michelle Brennan-Hamilton and Brenda Anderson are learning skills advisors at the Learning Centres at the Don campus. They offered some tips to help you be successful.

1. Work on time management.

"It seems like at the end of most things," said Brennan-Hamilton.

"The best thing you can do to finish up on your time management is to use a day planner, and use it correctly. Brennan-Hamilton and Anderson suggest that students start out by making their course schedules and copying all the dates into the planner.

Working backwards from there, plan study time and writing time, and make sure to write these times down at all.

"That's also looking at how much time is working, and Anderson. If on average you write a three-page paper in 30 minutes, schedule at the appropriate amount of time to work on it.

2. Schedule a full-time job. Brennan-Hamilton and Anderson said they often see students who think they are spending enough time but are not doing their best, but often times, they are not. One hour of homework a night is not

enough.

"One to two hours of homework for each hour of class at the post-secondary level is recommended," said Brennan-Hamilton. It helps to look at school like a full-time job. Work up to the 15 hours a week, up to the 15 hours of homework that makes good use of time in between classes.

3. Know how to read a textbook.

Don't get behind on your textbook reading; start reading it early.

And read it well. Start by skimming the summary and objectives of the chapter, to know what the concepts you're looking for.

Move on to the headings and sub-headings of the chapter, which will show you the main points. From there, you can perfect test questions.

Take notes and put every thing into your own words.

"They will remember it," they will remember it.

Don't let school take over your life. Still engage in the things that you love to do, take care of your health, and get a good night's sleep.

4. Use what's available to you.

Start up for Distance Learning courses, visit the Learning Centres and take advantage of the assistance that is available.

Open throughout the year, the Learning Centres offer many ways for students to learn the materials and skills needed to succeed in the post-secondary world.

And it's all paid for by your taxes.

For more information visit their website at www.collegesask.ca/learningcentres

Students just want to have fun

By NARA HILLER

Want to make your time at Conestoga College memorable? Then check out the Conestoga Students Inc. (CSI) events calendar found on the college's website. These events are designed to help students have fun and make the most of their college experience.

The student union plans many activities for students helping them socialize and take a break from studying.

Have an hour to kill between classes? Check out the calendar and see what you can find, whether it's a movie at the Sanctuary, or a game night at the J&J's.

There is always something to keep you entertained. CSI also holds many major events that have become annual activities such as the Fall Party, Fall Party and Fall Party.

"I think this year, this year, on campus were a great success. I have seen a lot more involvement from students on campus. After making this group, away from things at college is what makes me think about it. I've noticed that there will be a lot more time to come out next year."

And Tom Horne, CSI vice-president.

If you have an idea for an activity or suggestion for events don't be afraid to speak to a CSI director level at 1000 10000 inside Tom Horne and across from Health Services.

Most activities are free but some events you must purchase a ticket, which are priced with a student-budget in mind.

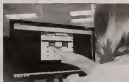


PHOTO BY NARA HILLER

Check the Conestoga Students Inc. website for their event calendar. Activities range from pub nights to a party plunge.

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Join or start your own club this year at Conestoga

By MARCO MATTHEW

You're a first-year student coming in a new school. Between classes work, study may not be your main job. It can be hard to meet new people, make friends and really get involved at the college.

However, if you want to make the most of your fresh new experience, it's important to get involved and try new things.

"Volunteer opportunities, such as clubs, are a great way for students to be able to adjust easier to college life," said Ryan Connolly, a student life programmer. "The more involved a student is outside of the classroom, the more likely it is that they will feel more connected to their college experience."

"To top off the last school year, the Polish Club held a party making event. The club was founded at the beginning of the 2003 school year by Tomasz Rostkiewicz, a fourth-year international business management student. His goal was to get people interested and involved in Polish culture."

"We had a volleyball team

last year, but it was a big step for the JCC for Polish night at the Factors gym and loved that students wanted something to do with Polish food," said Rostkiewicz. "So that's how we chose a party night. And there's no better way to improve someone than with making the traditional Polish dish from scratch."

Like many clubs at Conestoga, the Polish Club began its own event filled year. "We want to continue to expand our knowledge of events to include patriotic nights, sporting events, cultural displays and more to appeal to all students at Conestoga," Rostkiewicz said. "We also want to emphasize the recognition that the Polish Club is only open to those of Polish descent or those who speak the language. All you need is an interest in coming in to be invited to join or in having a great time."

If you have a passion or interest in joining a club, sign up at Conestoga Students Inc. From other places or directly call now, there is a wealth of clubs for you to check out.

"I feel getting involved on campus, whether that's



Conestoga Polish Club president Karol Rostkiewicz and volunteers do Karol Rostkiewicz's presentation about clubs of all cultures to other students and participate in their events this year.

through clubs, committees or intramural sports, are great ways to be able to develop yourself as a member of a team," said Connolly. "Especially the first-year students, it's a terrific way to get connected to your Conestoga community and be able to connect with students outside of your college program."

At Conestoga, there are over 100 clubs and organizations that meet the needs of many different religious and cultural groups. All in the Factors Gym behind all, and if you have questions, they have the answers.

If you want to start your own club, you're more than welcome. Just follow these

simple steps, courtesy of CCI's website: www.conestoga.edu/ci/clubs/clubinfo.htm.

1. Complete a registration and financial survey online by 10/1.

2. You've heard the word used on your high school last year classes and now it's the time to prepare your own club. You need to outline what the purpose of your club and how it's structured.

3. Do some reading. OK, you probably have to do enough of that on your classes but take a look through the club manual. That manual is a lot which will help you set up your club. It found members. But only thing you have to keep in mind is that your club needs to be open to every student at Conestoga.

4. Take advantage of CCI resources to support your club.

"I think we need more clubs with different areas of interest," said Karol Rostkiewicz, a fourth-year international business management student and Polish Club vice president. "Clubs are a great way to meet people and get involved with the school, but we need more people to come out and participate."

It's not far to go for medical services

By CHRISTINE HIXON

Coming into a new place meeting new people and doing new things can be stressful. The last thing you want to worry about is your health. However, if you don't feel well, it is good to know that Conestoga College's Dean campus has a medical facility.

Health Services has nurses and physicians who provide quality health care and health education. Their services are available to all full-time Conestoga students. You don't have to pay for CCHP fees.

The department provides students with a wide range of services including chronic disease services and mental health services for students and staff.

Other services they offer include medical care and treatment, mental health services, allergy services, prenatal care, staff resources, referrals to specialized services, case management, student's union and driver of third party physicians both of which are covered. Students can get a full range of services, including immunization, laboratory testing

and counseling on sexual health and lifestyle issues and mental health issues.

Health Services is located in Room 14702. Office hours are Monday to Friday, 9:30 a.m. to 4 p.m.

To book an appointment, contact them at 519 528-8280, ext. 3079.

Chiropractic services are also available by appointment on Tuesday, 1 to 3 p.m., Wednesday, 9 a.m. to 5 p.m., and Thursday, 1 to 4 p.m.

Chiropractic services are available to students, staff and faculty. Eighty per cent of the fee is charged to students for chiropractic appointments covered by the CCHP Health Plan. However, full payment must be made at the time of the appointment.

These services include sports injuries, neck and lower back pain, as well as shoulder, knee, foot and wrist problems, exercise advice and nutrition education.

The chiropractor fee is a total cost of \$50, and \$25 for subsequent visits.

Chiropractic services are provided by Dr. Mike Whelan. To book an appointment, call 519 528-8280, ext. 3079.

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A black and white photograph of the five members of the band Drowning. They are standing in a row, looking towards the camera. The member on the far left is wearing a beanie and glasses. The member in the center is wearing sunglasses. The member on the far right is wearing a dark shirt.

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THE UNIVERSITY OF CHICAGO



Security staff here for you

By JACQUELINE BOURGESS

Students at Camosun can feel safe knowing Security Services is always looking out for them. Whether it's the walk, talk program at all school sites, security's got your back.

The walk, talk program provides escorts to walk students to their cars or residences between 4:45 and 10:45 p.m. from Monday to Thursday. A security guard escorts walk only, but students can apply to be escorts through the walk, talk program. Many of the students who participate are law and security administration or police foundation students, but any student is welcome to apply.

"If anybody needs to be walked to their car at night, walk, talk will walk them," said Security Services representative Larne Campbell. Any student can take advantage of the walk, talk program.

by going to Doors 1 or 3, or just outside the security office, located in Room 2100 6.

Security Services provides residents 24/7, 244 days a year to make sure everyone is safe. They also have a laptop patrol team patrolling the parking lots and at college events from May to October, weather permitting.

With cameras covering the entire campus, you can be sure that someone's watching to ensure everyone is acting properly and that they belong on campus.

Security is also in charge of any personal safety concerns.

"Nothing's ever too small," said Campbell. "If it's important to them, it's important to Security."

Students can confidentially report any concerns. They have Security take care of outside looks at if another student put a lock on your locker, bullying, theft and even crimes on your car.

They're also responsible for lost and found. Anything lost on any area of the school can safely make its way to the security office, in the safest way to find your missing item as to drop it.

Security's help doesn't stop on campus. As a member of the Domestic Assault Response Team and the Sexual Assault Response Team for Kitchener, Campbell can refer anyone for their services to the security office if you need that information.

Security also provides after hours access to the school. If any student needs to be on the school after 11 p.m., they have to sign in with Security Services.

The department will also be having add-on classes starting in September. You can head to the security office for more details.

"We're just here for any thing students need," said Campbell.

Campus eateries offer lots of choice

By EMILY HENRIOT

Many students new to Camosun may feel overwhelmed with finding the location of their classes, the bookstore or even the place they parked their car for the first few weeks.

"When I started at the beginning of the year, I was too scared to wander for my way from my classes, because it was the only part of the school I was familiar with," said second-year engineering student Diana D'Alema. "I was only at Camosun for the whole first month because I didn't want to get lost finding the other cafeteria."

Camosun offers a wide variety of food options for both new and returning students, and no cafeteria is always cooking up something new.

The Gail Corner cafeteria, located on the first floor in the B wing, offers Warm Pans or cold My Plate. If you choose to have the B wing you will find the main cafeteria, offering Capote Jerky, which sells you regular burger and fries type of food, along with fresh

ly baked goods, Starbucks coffee and cold salads and more. There are also "Takeaway Table" and chef specials selling from \$5.99 to \$9.99. And every day there is a creative presentation, like fry, potato and a students' dish offered.

If you find yourself an alien to what's going on, you can enjoy the always popular Tim Hortons or make your way to the Sanctuary Café.

The Sanctuary is more about offering wraps and salads, as well as Pasta Pans. The quadrilateral that more newly introduced last year will be back, since with more but would need to match options, such as potato skins, nachos, tacos and baked chicken wings.

Prices are competitive, and for this year, Camosun's food service director Diana D'Alema assures students that this will not be the case.

"We will do our best to keep everyone satisfied and will offer better normal retail pricing."

The main cafeteria downstairs will be open longer this semester, until 7 p.m. instead of closing at 5 p.m.

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Osoo Campus Learning Commons, Room 2A180 or call 519-748-5225 x 3334

Beware of the freshman 15

By LAURE BERRY

In college you'll have more friends, more freedom and more fun. But beware of gaining more weight.

The dreaded freshman 15 syndrome occurs when students move away from home for the first time and put on 15 pounds.

However, students should not let cooking and weight gain stress them out during their first year of college. Not everyone gains weight and those that do don't all seem really gain 15 pounds.

However, studies have shown that students are more likely to gain weight during their freshman year due to a change in lifestyle and more freedom to make their own decisions.

"I think a lot of people do (gain weight) but I wouldn't say everyone does," said Vanessa McQuinn, a senior at Connecticut College who is a member of the health services.

Vanessa Wapuk is



PHOTO BY LAURE BERRY

Connecticut College student Vanessa Wapuk usually brings a healthy homemade lunch with her to school.

Connecticut College student, usually makes her own lunches and brings them to school. "Pack your own lunch, a good way for example, with healthy stuff in it," she said, adding that you also save money by doing this. McQuinn said she loved

making lunch better than going out where she was a student, however, on a limited budget, it's more expensive to make healthy food which makes eating healthy harder.

She added that there are so many temptations when you come to college but you must listen to your body.

"Don't just eat carbs and protein, you want to make sure you get your dairy, fruits and vegetables, also eat. Don't forget about exercise and balance when you're eating."

McQuinn also plays a large role in weight gain during the freshman year. "Try to maintain your weight, eating right and not just because of the freshman 15," said McQuinn.

Students need to learn about balance in addition to their course material. And in this case it means balancing healthy food choices and exercise with alcohol and the accompanying problems.

Academic support available

By HANRY LEVINSKY

The amount of work in college may come as a surprise to students leaving them feeling confused, stressed and helpless. College staff understands these feelings and offers services to help.

The Learning Commons, located in the upper atrium, offers resources to students who don't understand concepts, including peer tutors, study skills, math and writing help and learning groups.

"We offer ongoing academic support throughout the semester for new and returning Connecticut students," said Julie Chiu, Learning Commons assistant.

Most of these services are free for students, or offered at a reasonable cost.

Students are hired to become peer tutors to help other students who are struggling with their program. Senior year students who are approved by faculty are paired up to offer expertise,

experience and encouragement. Peer conversations are more one-on-one offered to help students who are English as a second language.

By learning new skills, students learn a lot more. Therefore, advice and tips on optimizing sleeping, studying, listening, note taking, study and concentration, among others, is offered.

With stress in a constant difficulty for students to strengthen knowledge and confidence the Learning Commons provides drop-in study help and private appointments for those who require more detailed help.

There is also a writing center that helps with planning, organizing class, identifying stress and doing and reviewing success. Individual appointments and workshops are provided.

In addition to the services offered by staff, the area also has study space, private tutor rooms and computers for the staff use.

WHAT DO YOU DO...

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- ...if you suspect you might have a learning disability?
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www.conestogac.on.ca/counseling

Did you remember to bring a shower curtain and toothbrush?

By JOHN BARAN

It happens to everyone. You think you're completely prepared to move into residence then, upon arrival, you realize there are a few things you definitely forgot.

Of course, the way to remember your toiletries, kitchen supplies, clothing and textbooks, but, it's always those pesky little things you don't think of that will really come in handy.

Making a checklist is the first way to organize yourself while packing. Organizing the list, checking bathroom supplies, kitchen supplies, etc. let you be thoroughly prepared everything you need and make sure it's all packed and ready when move-in day comes.

Heading to a good place to stay. Remember to pack bed linen, blankets and pillows for a double-width guest length bed. Small furniture items such as a bedside table or bookcase are allowed and are great for extra storage space.

Although there isn't always much time for moving clothes, Conestoga's website suggests bringing an iron and ironing board, which will definitely come in handy as there isn't a lot of space for hanging up clothing.

For the washroom a shower curtain is something people often don't realize they have to bring with them. Personal hygiene items, towels, toilet

paper and washroom cleaning items are also permitted.

Everything you would use in your kitchen at home is good to bring along with you including cutlery, dishes, glasses, toaster oven, cooking utensils and dish soap. Hot plates and open flame stoves are not allowed on residences as they are possible fire threats. Only CSA approved electrical appliances are permitted.

As an undergraduate student off campus you are permitted to purchase including kitchen items, coffee makers and toasters. Only refrigerators and freezers are provided by the residence are allowed in the units.

Laundry machines are available for use on the basement of the residence. It is important to bring laundry detergent and follow guidelines about something else that is crucial to remember at your house, washing machines and whatever other items you may need for completing school work.

Because of the heavy traffic of freshmen, use an entrance that Internet often brings to be slow. Internet cards are \$20 or under and plug into the wall for much faster Internet use which can be a lifesaver.

Remember all these things and you'll definitely be prepared for moving into residence.



Something old, something new



Denise Forde, owner of Petrie Vintage Consignment in Woodbury, holds a garment designed by Cassette Impulse designer Gailen Haddad. All of the pieces at Petrie have a history, including this one as Haddad was a designer in the store and knew Elizabeth Taylor's exact measurements.



Story and photos by Victoria Sprecher-Lipp

Designer vintage clothing hangs inside Petrie Vintage Consignment, located at 206 King St. S. in Woodbury. Not only are brand name pieces available, but a variety of second-hand goods are ready to take home as well.

A new school year often means a new wardrobe for many students. However, before you spend your hard-earned budget on new clothes, consider an alternative. Styles are resurrected from past years on runways, and translated into fashions in retail stores. Why not take a trip to the past, and pay something truly original and cheap?

Vintage shopping is growing ever popular, especially when current trends are based around specific eras. Spring and summer 2004 was heavily influenced by pieces from the '60s. Before these buyers' shopping parties at retail vendors, actual pieces from those eras are readily available and are usually half the price.

Petrie Vintage Consignment at 206 King St. S. in Woodbury is the go-to place for vintage vintage in the region. Denise Donna Forde has been in business for the past three years and carries pieces from just about any time period.

"I'm very eclectic and I sell pieces in a lot of different vintage," said Forde, who even sells pieces from not too far in the past. "I would say there are vintage items from 30 years ago. The structure, shape and style has changed. It's just like a basket of items. This is vintage 2000 and this one's 2005, you can tell there's a different taste."

All pieces sold at Petrie are on consignment, which means they are all lovingly handed down to Forde to hold in trust and sell for the owner.

"I get the stories from people when they bring them in, and how it was that family's wardrobe. I find out certain things," said Forde. Many of the items that hang throughout the 600-square foot store have interesting tales attached to them, including the history of a pair of shoes that date back to 1907.

What makes Petrie Vintage Consignment interesting is the low prices. Even though the competition is torn to shreds in this area, she still chooses to sell her products at a reasonable price, available for those on a budget.

"Sometimes I will see about a blouse but they see that was \$100. I have chain belts here for \$4," said Forde. Even her small collection of designer pieces are reasonably priced, including a Valentino suit for under \$300.

All ages can truly appreciate vintage, though Forde says she finds college and university students are her most clientele. Her co-op student, Vanessa Bonawitza from Kentwood College, has become a vintage shopper since she discovered the small business.

"The way to get fashion is the way to know what's out of the past," said Bonawitza, who proudly owns a few neckties and a hat but she purchased from Petrie. Though the choice she usually only shops for comfort, she can still appreciate all the items available.

"There are pieces I love like the Armani wall coat we had. And the fur hat I don't feel like still attached. Even the shoes are still here," said Bonawitza while holding the fur park loosely.

Vintage shopping is easy to love, but there are certain tips and tricks one should know to ensure perfect vintage gear meets your needs. Forde recommends looking for an item that is "unique and speaks to you, and is something of good personal taste."

Petrie quality may vary, depending on what era it comes from. That's not to say that one should rule out polyester or other synthetic if it's a good condition, but feel silk, cotton and wool can really be found and feel luxurious when worn.

Also remember that you don't have to wear it exactly as found on the hanger. Don't shy away from making little alterations, such as replacing buttons. Reimagining vintage is a unique way to make sure your outfit is still up to date and it makes it so all your.

"I wouldn't want to alter the best collection like I am in Belmont. But everything else I think you should update it the way you can do," said Forde. Look for both details and patterns; you wouldn't find anywhere else. Attention to small things such as buttons or buckles makes a difference in what stands out in a typical dress or top. Even looking for almost perfect like a structured blazer will add a touch of flare to your look.

The true part of vintage shopping is the guarantee that you are also well when you do.

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Get out and play a varsity sport

By SPAN THORN

For many people, high school was their last chance to play competitive sports. But here at Conestoga, students can try out for a variety of different varsity sports programs.

There's no reason you can't take on the field once again as Conestoga is always looking for new players. Joining one of the nine sports teams may seem intimidating at first, but in reality, it's a great way to stay in shape while meeting new people from around the college who share a common interest.

There's little time to waste, however, as many of the school's varsity teams get started right away. Cross country running, women's football and both male and female soccer teams get kick-started in early September. Also starting the ball rolling in September is the men's rugby team and, for the first time in school history, Conestoga's varsity female rugby team

will also take the field.

If these aren't the sports for you, there are still plenty of other opportunities for you this year at Conestoga, as the basketball and volleyball teams season begins in October. Beginning in January Conestoga will once again field an indoor soccer team that hosts an annual tournament at the school's ice centre and competes in a league at the Glen Hill Indoor Soccer Park in Cambridge.

Students may have to pay varsity fees to cover expenses such as morning outfit and shoes and the athletic bus, but you get the opportunity to play active by competing with some of the best athletes from across the province.

For information regarding varsity tryouts, consult the recreation website at www.conestoga.ca/en/recreation or contact Conestoga athlete development for Maxine Ford at mfford@conestoga.ca or 519-748-3800 ext. 3453.

Intramurals combine fun with fitness

By SPAN THORN

Pull out your markers, students: September brings the beginning of the intramural season.

Conestoga athletes will be offering many different ways to get active this school year. The athletic department runs intramurals, extramurals fitness classes and drop-in sports nights, for anyone interested in keeping fit during the school year.

In extramurals there will be three on three basketball, volleyball, indoor soccer, ice hockey and ball hockey. Registration will take place from the beginning of school until Sept. 18. Captain's meetings will be held Sept. 20 and 21.

All leagues will start play by either the end of September or the beginning of October. For more information about potential intramural opportunities, the LCD streams on the main website will show what you need to know. Also keep an eye on our main board's annual calendar for more information.

Anyone interested in competitive varsity tryouts for the extramural hockey teams. There are both teams and

women's teams, and both compete with other colleges in a tournament environment. Men's tryouts will start around the middle of September and women's at the end of September. Dates and times will be posted on the athletic website at www.conestoga.ca/en/recreation.

If you just want to be an intramural or extramural sport for a while now, there are other options for keeping fit. There will be sports tournaments for those who want to get out and play. This term, the athletic department is planning a volleyball tournament in November. Next term will see indoor soccer and basketball. There will also be a squash indoor net, pool and snooker.

New for the 2011/2012 school year there will be drop-in sports nights. These will be set up during late gym time and encompass a variety of sports. Check the website for what sports will be offered and when.

Finally there will be fitness classes offered beginning the week of Sept.

For further information, contact Kate McCarthy at kmccarthy@conestoga.ca or at 519-748-3828 ext. 3312.